



**Talk on “Enhancing Self Value Through High Self Awareness”
on 10 November 2010**

*Prepared by: Ir. June Lau Yuk Ma, Chairperson of the Sub-Committee on
Women Engineers, IEM*

On 10 November 2010, Ms. Choy Boon Ling conducted an evening talk entitled “Enhancing Self Value through High Self Awareness”. Ms. Choy has been a corporate trainer for the past 15 years. She specialises in the area of train-the-trainer, communication, interpersonal skills, self development, competency development and curriculum development. She is the General Manager of Clove and Clive Sdn. Bhd.

The session started with a simple left and right hand exercise. The hand exercise looked simple until the participants attempted it! Most participants had fun and laughed at themselves while performing the exercise. The essence of the exercise, which is part of Brain Gym, is to promote the interaction between the left brain and right brain. This enables a person to use the entire brain instead of predominantly using a preferred side of the brain.



During the talk

Ms. Choy delivered an interesting 2-hour session that pricked our senses very well. The participants were also actively involved as they were 'hungry' for ideas on enhancing self value.

We have a clear definition on self value and the many roles an individual play in their daily life. Although we understand that self value and roles are interconnected and thus affect one another, we hardly question the need to enhance our self value. The participants started to see that cultivating a high self value leads to a life that is lived more joyfully and with wisdom. This in turn leads us to play our role more proactively.

Very often, we live our life feeling inadequate, and most of the time we play our roles so automatically that we do not question much about why we are reacting to our experiences the same way all the time – sort of like having gone into autopilot mode unconsciously. This leads us to be less creative, preferring to stay in the status quo. We tend to solve problems and react to people in the same old ways. As this pattern becomes our norm, it inhibits us from living life to the fullest, from being open to ideas, from trying new methods of doing things, from voicing an opinion, etc. Hence, this induces a low self esteem or low self value. By nature, everyone wants to be happy, effective and enthusiastic about life but we do not know what is powering our lives. We are easily engulfed into the daily stresses of life and old patterns.

By being aware and developing high self awareness, we are empowering our life. Through this practicing of knowing and being aware of what is happening to us as it is happening, in a non judgemental way, we are actually collecting data about how our life is being lived daily. With this awareness, we can then determine what we need to change in our life. Our thoughts, feelings, behaviours and speech are just like the tip of an iceberg. What is powering our lives really are the ideas, perception and intentions that we have and they are like the big piece of iceberg below water level, which governs how we react to any situation that we encounter.

By observing our thought, feeling, behaviour and speech, we are giving a moment to ourselves, a space in our mind that will reduce our tendency to jump into reaction. Having this space will give our mind more clarity, alertness, oxygen to brain cells and thus cultivates the ability to respond with wisdom rather than to just react automatically. In short, when we start being observant of ourselves like a scientist, we start to find out the causes (ideas, perception and intentions) that are constantly running our lives.

Ms Choy introduced the concept of ROAR which is really 4 steps to develop high self awareness. The first step is **Relax** which means that to be able to observe the mind and body; we need to be in a relaxed mode. She guided us to do a simple exercise of switching our breathing to abdomen breathing and observe what we are doing throughout the breathing exercise. This exercise is fascinating as we practice it, we immediately have a sense of curiosity about ourselves and our surrounding.

Ms Choy guided us to do a short body scan session which is another method of relaxing our body and calming ourselves. These exercises will allow us to switch to observation mode

anytime, anywhere, even in front of our BOSS. The exercise will allow a space to be created in our mind for us to respond to situations instead of reacting all the time.

Ms Choy guided us on the second step which is to **observe** our thoughts and feelings by showing us some slides. While it is easy to observe thought and feeling, it is difficult to separate them. We know we are experiencing a feeling because we feel a movement or sensation in our body and we know that thought comes into our mind in pictures, words, dialogue or sound. Our thought is the determinant of our feelings.

The third step is about **Asking** Questions and it can only happen when we continue to observe ourselves to gain an understanding about the patterns of our thought and feelings. We then ask “How is this affecting me?”, “Is it affecting me negatively or positively?”, “Is it necessary to continue with this pattern? “. From this questioning, we can **Respond** with Wisdom, which is the fourth step.

In summary, when we develop high self awareness, we are constantly in the process of understanding ourselves and this in turn allows us to constantly operate from wisdom. The result is that we are empowering and enriching our life and a high self value is cultivated.



Session Chairman of the talk giving away the token of appreciation to Ms. Choy Boon Ling

